

Long Beach Mental Health/Substance Misuse Resource List 2020

(updated 9/17/2020)

Subject to Change

Nassau County Mental Health Association:

- **Grieving Adults Support Groups:** For people who have lost a loved one due to coronavirus and cannot grieve in person with their loved ones. The group will bring together others who are struggling to come to terms with the loss, to create a sense of closure, and to grieve within a community.

There will be two groups in this category:

[Register for Grieving Adults Support \(Wednesdays, 12:30PM-1:30PM\)](#)

[Register for Grieving Adults Support \(Wednesdays, 7PM-8PM\)](#)

- **Peer Bereavement Support Group:** For individuals who have lost a loved one due to coronavirus and are experiencing a mental health condition. Participants have a safe and supportive space to share their stories with others who can truly relate to their pain and experiences. [Register for Peer Support \(Thursdays, 1PM-2PM\)](#)
- **Veterans Bereavement Support Group:** For Veterans and their families who have lost someone due to coronavirus and cannot grieve in person with their loved ones. This group will deal with issues specific to the Veterans community. [Register for Veterans Support \(Tuesdays, 3:45PM-4:45PM\)](#)
- **Creative Arts Bereavement Support Group:** Art can serve as a safe outlet for the expression of thoughts and emotions related to death and loss. By expressing these feelings in a symbolic manner, mourners can nurture their sense of control, organization, and containment. Participants may use such art supplies as copy paper, colored pencils, markers, crayons, scissors, and glue. [Register for Creative Arts Group \(Thursdays, 7PM-8:30PM\)](#)

[Click Here for More Info on All Groups](#)

Human Services Council (HSC):

The HSC strengthens New York's nonprofit human services sector, ensuring New Yorkers from all walks of life, across diverse neighborhoods, cultures, and generations reach their full potential.

Phone number: (212) 836-1230

Email: info@humanservicescouncil.org

Website: <https://humanservicescouncil.org/covid-19-resources-for-human-services-providers/covid-19-resource-list/#addiction-behavioral-health>

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Long Island Crisis Center:

Speak to a counselor from any computer, tablet, or smart phone! Free live online and mobile counseling is available to Long Island residents only.

24/7 Crisis Hotline: (516) 679-1111

Days: Everyday

Times: 11:00AM – 11:00PM

Contact list; call different departments depending upon the need: <https://longislandcrisiscenter.org/contact-us/>

Website: <http://longislandcrisiscenter.org/webapp/>

Nassau Suffolk Law Services: Provides resources for mental wellness and support related to COVID-19.

Phone number: (516) 292-8100

Fax: (516) 292-6529

<https://www.nslawservices.org/covid19-mentalhealth>

National Alliance on Mental Illness (NAMI):

NAMI is a grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI is committed to providing credible information and resources to help people navigate through the COVID-19 crisis.

Phone number: (518) 462-2000

Fax: (518) 462-3811

NAMI Helpline: Monday – Friday, 10:00AM – 6:00PM

Helpline phone number: 1(800) 950-6264

Email: info@naminys.org

Online Resource and Information Guide: <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

Website: <https://www.naadac.org/covid-19-resources>

American Red Cross:

Provides steps to help ones cope with the pandemic

Phone number: (516) 747-3500

Website: <https://www.redcross.org/about-us/news-and-events/news/2020/steps-to-help-cope-with-evolving-coronavirus-situation.html>

NYS Office of Addiction Services and Support (OASAS):

Amid the ongoing COVID-19 pandemic, New York State is continuing to provide resources, guidance, and support for individuals, families, and providers who are navigating the pandemic.

24/7 HOPEline: Call 1-877-8-HOPENY

Text: 467369

Email: communications@oasas.ny.gov

Contact list; call different departments depending upon the need: <https://oasas.ny.gov/contact-us>

Website: <https://oasas.ny.gov/>

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NYS Office of Mental Health (OMH):

The Emotional Support Helpline provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

Emotional Support Hotline: 1(844) 863-9314

Website: <https://omh.ny.gov/omhweb/covid-19-resources.html>

NYS Office for the Prevention of Domestic Violence (OPDV):

Provides resources for safe shelter during and after the COVID-19 pandemic.

New York State Domestic and Sexual Violence Hotline: 1(800) 942-6906

English & Española/Multi-language Accessibility and Deaf or Hard of Hearing: 711

Phone number: 1(800) 621-HOPE (4673) or dial 311 TDD: 1(800) 810-7444

NYS Domestic Violence Program Directory (organized by county): <https://www.nyscadv.org/find-help/program-directory.html>

Website: <https://opdv.ny.gov/help/dvhotlines.html>

Long Beach REACH:

Night Watch Crisis Hotline- Someone to talk to when help is most needed. Free and Confidential! (Only available in English)

Monday-Thursday: 6pm-11pm

Phone: 516-889-2332

More about Night Watch: <http://www.longislandreach.org/night-watch>

<http://longislandreach.org/services>

Outpatient Substance Abuse and Mental Health Services via Telehealth

No one will be denied services due to an inability to pay. Most insurance accepted and sliding-fee scale makes services available to clients of all income levels.

Hours of Operation:

Monday-Thursday: 9am-9pm

Friday: 9am-5pm

Phone: (516) 889-2332

Fax: (516) 889-2399

Email: LBR@longbeachreach.com

Website: www.longislandreach.org

Oceanside Counseling Center:

OCC is a non-profit organization committed to the promotion of a healthy lifestyle by encouraging individuals to take responsibility to combat substance abuse and addiction.

Phone: (516) 766-6283

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Website:

https://oceansidecounselingcenter.com/?utm_campaign=oceanside&utm_source=googlemybusiness&utm_medium=organic&utm_content=

Long Beach AWARE:

Long Beach AWARE helps create and maintain a healthy environment for families and teens by advocating for laws and policies promoting alternative activities and healthy choices.

They're currently offering referrals and online activities which include:

- Virtual Parent Support Group: Active Parenting
- Virtual Alcohol & Other Substance Education Class: Tuesdays, 6-9 PM
- Responsible Beverage Service Training (TIPS Certified Instruction by LBPD/LB AWARE STAFF)

Phone number: (516) 208-6205

Email: info@lbcoalition.org

Website: <http://longbeachaware.org/resources>

Long Island Council on Alcoholism & Drug Dependence, Inc. (LICADD):

LICADD's mission is to address the addictive climate of our times by providing initial attention and referral services to individuals, families, and children, through intervention, education and professional guidance to overcome the ravages of alcohol and other drug-related problems.

LICADD 24/7 Hotline: (631) 979-1700

Office phone number: (516) 747-2606

Email: info@licadd.org

Website: <https://www.licadd.org/what-we-do/family-services>

Hispanic Counseling Center (HCC):

Specializes in Spanish Services

The Hispanic Counseling Center's Mental Health Outpatient Clinic is dedicated to providing bilingual and bicultural mental health treatment services for children ages 5-18 and adults. Please call to schedule an appointment during regular business hours.

Phone number: (516) 538-2613

Business hours: Monday – Thursday 9:00 AM – 8:00 PM, Friday and Saturday 9:00 AM – 4:00 PM

Email: info@hispaniccounseling.org

Website: <https://www.hispaniccounseling.org/mental-health-outpatient/>

Substance Abuse and Mental Health Services Administration (SAMHSA):

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

SAMHSA'S National Hotline: 800-662-HELP (4357)

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Phone number: 1-877-SAMHSA-7 (1-877-726-4727)

Website: <https://www.samhsa.gov/find-treatment>

National Suicide Prevention Lifeline

1-800-273-8255

Click here to chat (instant message): <https://suicidepreventionlifeline.org/chat/>

Website: <https://suicidepreventionlifeline.org/>

Mount Sinai South Nassau

Phone number: (516) 632-3000

Call our Bilingual Patient Relations Representative: (516) 632-3484

Business hours: 24/7

Website:

https://www.southnassau.org/sn?utm_campaign=oceanside&utm_source=googlemybusiness&utm_medium=organic&utm_content=

COVID Stress and Coping Hotline: <https://www.southnassau.org/sn/coping-hotline?srcaud=Main>

Virtual Bereavement Group: <https://www.southnassau.org/sn/education-support?srcaud=Main>

Long Beach Therapy Network

The clinically trained members and volunteers are available to provide FREE mental wellness support and referrals for members of the Long Island and NYC communities (and beyond). The support is available by telephone, video, text, and email. They are happy to return your inquires within 24-hrs. Services are available in various languages upon request.

Phone number: (516) 262-3173

Website: <https://www.lbtherapynetwork.com/>

Email: info@lbtherapynetwork.com

- **This information was provided to us; you must check with each individual agency for their current information.**
- **The information in this list will be forthcoming in Spanish.**

United States 2020 Census

The 2020 Census takes just a few moments to complete and all answers will be kept confidential.

Call list in various languages (this includes English and Spanish): <https://2020census.gov/en/contact-us.html>

Website: <https://2020census.gov/en.html>



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Sign Up for the Long Beach Emergency Notifications System. More information can be found here:

<https://www.longbeachny.gov/notifications>